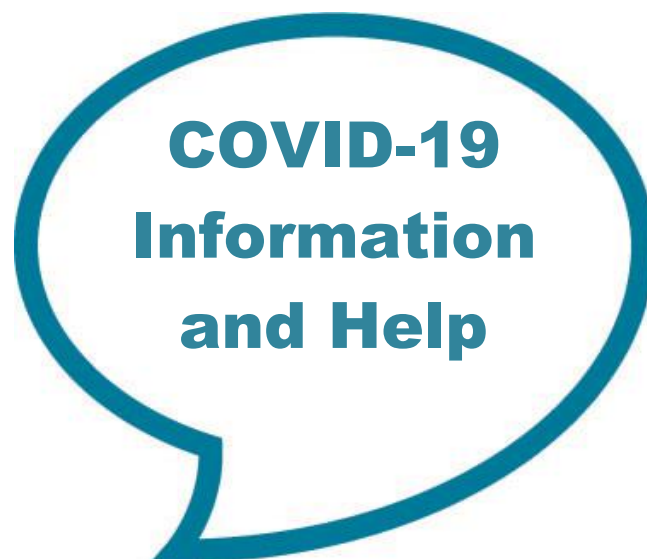


17 April 2020



Newsletter for the Eden Area – Domestic Abuse

This is a Domestic Abuse Special of a weekly newsletter aiming to give information, advice, guidance and details of useful contacts during these challenging times. Daily updated information about Covid-19 is available on the Cumbria County Council website: <https://cumbria.gov.uk/coronavirus/>

Domestic Abuse and general support during Corona virus/Covid-19

During the current COVID 19 restrictions we may find that relationships could become challenging. We know that this is a difficult and worrying time for everyone – but particularly so for adults and children living with domestic abuse.

In Cumbria we have the additional need within our rural communities where transport can prove challenging and not all areas have access to the World Wide Web.

Options are available to inform and advise. There are ways in which an individual can reach out for support. They may just need a listening ear from a specialist advisor or be empowered to take action to leave an environment where their safety is compromised. This applies not only during the lockdown period but also post COVID 19.

We have put together some information and resources for people living with domestic violence but also for those in our community who wish to understand more about this complex and diverse subject.

Local Support Available

Always call 999 if you are in immediate danger.

Prevention and Crisis Support Officer (Eden)

Karen Teasdale, IDSVA - Prevention and Crisis Support Officer

Eden Housing Association

Telephone: **01768 861414/01768861499**

Mobile: **07702868196**

karen.teasdale@edenha.org.uk

Cumbria Domestic Abuse Partnership

Workers based within Eden Housing Association and Eden District Council are still delivering their domestic abuse support services. If you are homeless, or at risk of homelessness, contact the Housing Options team on **01768 861499**

Email: housingoptions@edenha.org.uk

Referral link: <https://hpa2.org/refer/EDEN>

If you're experiencing Domestic Abuse, the Housing Options Officer will make a referral to the Prevention and Crisis Officer Please also see the attached DAP poster.

Victim Support

One of the services commissioned by Cumbria's Police and Crime Commissioner is Victim Support who can provide advice. Victim Support can be reached on **0300 303 015** or online in their live chat, Monday to Friday, 9am to 6pm. Outside these hours they can be reached on **0808 168 9111**.

Champions' Network newsletters

Barrow Women's Community Matters are developing regular newsletters/information sheets for those in Cumbria who are supporting, or are themselves, victims/survivors of domestic abuse. You can find all the previous copies of these newsletters in PDF format at: www.womenscommunitymatters.org

Family Action FamilyLine

Family pressures can sometimes be difficult to manage without emotional support and guidance to help. FamilyLine is a free service that offers access to a team of trained volunteers, with the knowledge and experience of family issues, to support service users via telephone, text, web chat and email. Whether it's emotional support or practical advice on any aspect of parenting or broader family issues, **call: 0808 802 6666, text: 07537 404282** or email familyline@family-action.org.uk, Monday to Friday: 9am – 3pm and 6pm – 9pm or see attached information sheet for more details.

Silent Solution – for those experiencing domestic violence

Silent Solution offers a way that people in danger due to domestic abuse can call for help covertly using 999. See attached poster for further guidance.

Cumbria Police statement re: domestic violence (25/03/20)

www.newsandstar.co.uk/news/18332796

Safe Lives, staying safe during Covid-19 - a guide for victims and survivors of domestic abuse

If you are currently experiencing or have experienced domestic abuse you will know what being isolated and frightened will feel like. You might be worried about self-isolating with someone who is harming you. Safe Lives have created this guide to help you think about what you might do over the coming weeks to stay safe. See the attached Safety Planning Guide for information or see:

www.safelives.org.uk/domestic-abuse-and-covid-19

Economic Abuse and the Coronavirus (Covid 19) outbreak

See attached useful document for anyone going through financial abuse.

National Support Available

Always call 999 if you are in immediate danger.

National Centre for Domestic Violence

Tel: **0800 970 2070**

www.ncdv.org.uk

A free, fast emergency injunction service to survivors of Domestic Violence regardless of their financial circumstances

Women's Aid

www.womensaid.org

Extensive information and a Domestic Abuse Chat Service. Keeping women and children safe. COVID 19 safety advice.

Broken Rainbow

Tel: **0300 999 5428**

www.brokenrainbow.org

National Lesbian, Gay, Bisexual and Trans Domestic Violence helpline.

Mankind Initiative

Tel: **01823334244**

www.mankind.org.uk

Support for men in relation to Domestic Abuse from their current or former wife (including same sex partners)

Rights of women

Tel: **020 7251 6577**

www.rightsofwomen.org

Free telephone service Legal advice around all issues including Domestic Abuse and your rights. Including: Family Law – such as child contact during COVID-19, Immigration and Asylum Law, Trafficking and Modern slavery.

Karma Nirvana

Helpline: **0800 5999 247** (Monday to Friday: 9:00am – 5:00pm)

www.karmanirvana.org.uk

Supporting victims of Honour Based Abuse and providing essential safety information during lockdown.

Southall Black Sisters

Tel: **0208 571 9595** (Monday to Friday 9:00am – 5:00pm)

www.southallblacksisters.org.uk

Support for individuals: with no recourse to Public Funds/ Leaving an abusive relationship / Immigration / Forced Marriage/Domestic Abuse and Migrant women.

Train companies to offer free travel to those fleeing domestic violence during coronavirus lockdown

Since the 14th April, people fleeing domestic violence anywhere in Britain during the coronavirus lockdown can apply for free train travel to refuge accommodation, through a partnership between train companies and Women's Aid. Information can be found [here](#).

Supportive Apps

Daylio

Daylio is a free mood tracker and micro diary that allows you to keep a private journal without having to type a single line. The app allows you to pick your mood and add the activities you have been doing during the day. The app records everything you input into a calendar that helps you to keep track of your activities. It will allow you understand you habits better and create patterns to become more productive. If you ever wanted to start journaling, then this is the app for you!

Set reminders so you never forget to create a memory, customize the name of moods, explore interesting statistics about your moods on a monthly or yearly chart, use emojis to monitor your moods.

Get it on [Apple Store](#) or on [Google Play](#) for free.

What's Up?

'What's Up?' is a fantastic free app utilising some of the best CBT (Cognitive Behavioural Therapy) and ACT (Acceptance Commitment Therapy) methods to help you cope with Depression, Anxiety, Anger, Stress and more! Simple headings and easy-to-follow methods make it easy to navigate the support.

A diary feature to keep your thoughts and feelings together in, including the ability to rate feelings on a scale out of 10 / Positive and negative habit tracker to set goals to practice those good habits while

ending the bad ones! A grounding game containing over 100 fun questions to help keep you grounded and in the present when stress is taking over.

Get it on [Apple Store](#) or on [Google Play](#) for free.

Tide

“Sleep. Focus. Relax. Meditation” is the motto for Tide. This free app aims to improve your physical and mental health through using nature sounds. It can be used to reduce stress and help you sleep better through its different settings.

Get it on [Apple Store](#) or on [Google Play](#) for free.

Calm Harm

This is a free app that helps you resist or manage the urge to self-harm by using interactive exercises of cognitive behavioural therapies. The app was originally designed for young adults who deal with self-harm but a person of any age might find the exercises to be valuable in coping with self-harm.

Get it on [Apple Store](#) or on [Google Play](#) for free.

Headspace

This app teaches you the basics of mindfulness and how to implement these techniques in everyday situations. You will learn how to calm your mind and focus on the moment. Not to mention it has some pretty cute animations as a bonus.

Get it on [Apple Store](#) or on [Google Play](#).



HM Government



CORONAVIRUS

WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food



For more information and the Government's
Action Plan go to **[nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)**